

# 2017 October

## North Domingo Baca Multigenerational Center

VOL 3 ISSUE 10

### The Origins of Halloween

Halloween is celebrated in many different ways by all sorts of people around the world. Traditionally, it was known as All Hallows' Eve, when the dead were remembered. Over time, it became cultural. For Americans, we begin to see Halloween decorations in the stores several months in advance. Unfortunately, the emphasis on this commercialized holiday has shifted from the little cowboys and Indians to a much more evil and pointed attraction to all things hideous and pagan. Satan has undoubtedly made this commercialized holiday into something that has subtly focused on the ugly and demonic.

What are the origins of Halloween? Many believe the festival of Samhain to have been the beginning of the Celtic year. At Samhain, farmers brought livestock in from summer pastures and people gathered to build shelters for winter. The festival also had religious significance, and people burned fruits, vegetables, grain, and possibly animals as offerings to the gods. In ancient Celtic stories, Samhain was a magical time of transition when important battles were fought and fairies cast spells. It was a time when the barriers between the natural world and the supernatural were broken. The Celts believed that the dead could walk among the living at this time. During Samhain, the living could visit with the dead, who they believed held secrets of the future. Scholars believe that Halloween's association with ghosts, food, and



fortunetelling began with these pagan customs more than 2,000 years ago.

Many of the customs of the pagan Celts survived even after the people became "Christianized." In the 800s A.D., the church established All Saints' Day on November 1. About two hundred years later, it added All Souls' Day on November 2. This day was set aside for people to pray for friends and family who had died. People made many of the old pagan customs part of this Christian holy day. Some people put out food for their ancestors, or left a lantern burning in the window so that ghosts could find their way home for the night. Through the years, various regions of Europe developed their own Halloween customs. In Wales, for example, each person put a white stone near the Halloween fire at night and then checked in the morning to see whether the stone was still there. If it was, the person would live another year.

In the United States, the origins of Halloween started when the early settlers brought various beliefs about ghosts and witches with them. In the 1800s, immigrants from Ireland and Scotland introduced their Halloween traditions.

Trick  
or  
Treat!



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### Department of Senior Affairs Mission Statement

The Department of Senior Affairs is a community leader who, in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.



CITY OF ALBUQUERQUE  
DEPARTMENT OF SENIOR AFFAIRS



BERNALILLO COUNTY





City of Albuquerque



**Richard J. Berry, Mayor**

**Department of Senior Affairs**

Jorja Armijo-Brasher, Director

Rhonda Methvin, Mgr. Recreation Div.

**North Domingo Baca Staff**

Angel C. Montoya, Center Manager

Thomas Gallagher, Center Supervisor

Janie Macias, Youth Program Coordinator

Vacant, Office Assistant

Robert Hastings, Program Assistant

Willie Pounds, Program Assistant

Vacant, Program Assistant

Miranda Portillo, Program Assistant

Helen Martinez, Cook

Marlene Gonzales, Kitchen Aide

Victoria Hernandez, General Service

Tomas Cavalier, General Service

Vacant, Custodian

**North Domingo Baca  
Multigenerational Center**

7521 Carmel Ave NE

Albuquerque, NM 87111

Phone: 505- 764-6475

Fax: 505- 764-6489

**Hours of Operation**

Monday—Friday 8 am—9 pm

Saturday 9 am—3 pm

Sunday Closed

Articles are due by the 15th day of the month. Any material submitted is subject to editing. Inclusion of articles will be determined based on appropriateness of material and relation to the Center's goals and objectives.

**Visit our Website:**  
**[cabq.gov/seniors](http://cabq.gov/seniors)**

## Announcements



**Pie Social** – 11:45 am-1:00 pm, first Friday of the month, October 6, 2017, 75¢.

**Birthday Cake** – 11:45 am-12:30 pm, October 27, 2017.

**Smoothie/Yogurt Bar** – 8:00 am - 10:00 am.

**Silver Horizons Food Bank** – To be announced.

**Lunch Meals** – 11:30 am-1:00 pm. Please reserve meals the day before by 1:00 pm. Members 60+ suggested donation \$2, ages 50-59 \$3.25 and under 49 \$7.67.

**Coffee** can be purchased at the front desk and will be served from the kitchen 8:00 am - 1:00 pm Monday through Friday.



## Get Out in ABQ

**5<sup>th</sup> Annual Albuquerque American Indian Arts Festival:** October 7-8, 2017, 9:00 am-4:00 pm daily, admission free with museum admission, Indian Pueblo Cultural Center, 843-7270

**Exhibition: Critical Assembly – The Secrets of Los Alamos 1944:** through October 8, 2017, 9:00 am-5:00 pm, See website for admission fee, National Museum of Nuclear Science & History, 245-2137.

**8<sup>th</sup> Annual New Mexico Brew Fest & Music Showcase:** October 14, 2017, 1:00 pm-6:00 pm, admission: \$25, EXPO New Mexico, 247-1343.

**Music Fiesta at Balloon Fiesta with Billy Currington:** October 14, 2017, 12:00 pm-6:00 pm, admission: \$10-\$79, Balloon Fiesta Park Multi-Use Facility, 821-1000

**Albuquerque International Balloon Fiesta:** October 7-15, 2017; times vary, please visit the website for schedule; admission: \$10; 821-1000.

**An American in Paris:** October 17-22, 2017, Tuesday-Thursday 7:30pm, Friday 8pm, Saturday 2pm & 8pm, Sunday 1pm, admission: \$40-\$95, Popejoy Hall, 277-3824.

**11<sup>th</sup> Annual Day of the Tread:** October 29, 2017, 7:00 am, admission: \$25-\$105, Civic Plaza.

**Rail Yards Market:** Through October 29, 2017, Sundays 10:00 am-2:00 pm, admission: free, at Blacksmith Shop at the Albuquerque Rail Yard in Barelás, 600-1109.

## **Presentations**



### **AARP Driver Safety:**

October 7, 2017 10:30 am to 2:30 pm.

### **UFO Paranormal Forum:**

Saturday, October 21, 2017 from 11:30 am-2:30 pm.

### **Chinese American Speaker Series:**

Saturday, October 28, 2017 from 10:00 am-12:00 pm. Speakers: Yung-Hsin Liu. Topic: A Little Bit of Heart: Chinese Dim Sum.



## **Volunteers**



### **Attention Retired Senior Volunteer Program**

**(RSVP) Volunteers:** Volunteer hours are due at the RSVP office no later than the 5<sup>th</sup> day of each month. When you report your hours to us, the City of Albuquerque can demonstrate how many hours RSVP volunteers contribute to serving our community. If you are unsure if you have turned in your volunteer hours or want to register to be a volunteer, call 767-5225. The RSVP is now located at the Highland Senior Central, 131 Monroe NE, Central and Monroe behind Dion's Pizza.

Mileage reimbursement is available to RSVP volunteers. *RSVP is part of Senior Corps and is administered by the Corporation for National and Community Service (CNCS). The purpose of RSVP is to recruit senior volunteers into public, government and non-profit organizations to meet community needs. For this and other volunteer opportunities call 505-767-5225.*

**The Foster Grandparent Program (FGP) Advisory Council** needs members to join to promote awareness and educate the community about FGP and senior issues. Council members advocate for FGP volunteers, evaluate the program's effectiveness, and assist in the recognition of Foster Grandparents by raising funds and in-kind resources. The Council meets once a month at the Barelas Senior Center. For more information call 505-764-1612.

**Meals on Wheels of Albuquerque** needs volunteers in the kitchen Monday-Friday from 9:00 am-11:00 am. Drivers are needed to deliver meals Monday-Friday from 10:30 am – 12:30 pm. (Use of personal vehicle is required). Please call 505-767-5225.

**Catholic Charities** needs volunteers for the following position. Senior Transportation Services Driver (Use of personal vehicle is required); agency gives mileage reimbursement. Volunteers will provide transportation to medical appointments, grocery shopping etc. door to door service. Volunteers are asked to serve at least three

## **Coming in November**



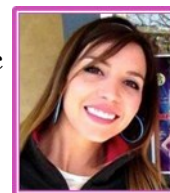
**Salute to our Veterans Lunch:** Meet our local veterans who have served our great nation. Retired and active duty military will share our lunch table and converse about their military time served. Social Hall, Monday, November 13, 2017, 11:30 am to 1:00 pm.

## **Spotlight**



Zumba Classes Tuesday and Thursday from 10:15 am-11:15 am in the Social Hall. ONLY \$4 per session.

Gaby Hallada (FabGab) began offering Zumba classes at NDB in June and has established quite a following with her energy-driven dance moves set to dynamic music. Gaby uses her degree in music, her dance background and Zumba certification to ensure you experience a great workout designed to enhance your strength and stamina. She selects music with the perfect driving rhythm to get you moving and keep you energized. Join FabGab's Zumba Fitness class today; be ready for a party and bring a friend! Contact Gaby at [zumbafabgab@gmail.com](mailto:zumbafabgab@gmail.com) or visit her webpage [ghallada.zumba.com](http://ghallada.zumba.com) or [facebook.com/ZumbaFabGab](https://www.facebook.com/ZumbaFabGab) Look forward to seeing you in class! Gabriela Hallada



### **Volunteers (continued from previous column)**

hours per week Monday through Friday. Call 767-5225. Call 767-5225.

## **Trips and Hikes**



### **TRIPS**

Greek Fest, Saturday, October 7, 2017, Check In- 10:30 am. Return-2:00 pm. Cost: \$5.00 Transportation/Admission.



### **HIKES**

Hiking Information at [ASCHG.ORG](http://ASCHG.ORG)







## Special Events



### **Special Shapes Rodeo Breakfast 2017!**

Come join us as we enjoy the  
Special Shapes Rodeo Breakfast  
Friday, October 13, 2017, on the West Patio,  
starting at 7:00 am.

Enjoy great company, amazing views,  
breakfast burritos, coffee and doughnuts.

### **Compliments of our community partners:**

**Mark Diamonds Jewelers**

**Morning Star**

**Starbucks**

Sign up at the front desk.

Space is limited to the first 120 people who sign up.





CITY OF ALBUQUERQUE  
BERNALILLO COUNTY  
**DEPARTMENT OF SENIOR AFFAIRS**



**Let's Do Lunch!**

**October 2017**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Bratwurst on a Bun w/Peppers and Onions Red Rosemary Potatoes Brussel Sprouts Sliced Apples 1% Milk	<b>3</b> Baked Mac&Cheese Italian Vegetables Bread Stick w/Margarine Peaches 1% Milk	<b>4</b> Stuffed Bell Pepper: Pepper/Beef/Rice Scalloped Potatoes Crinkle Cut Carrots Dinner Roll w/Margarine Lemon Pudding 1% Milk	<b>5</b> Carne Adovada Pinto Beans Squash Tortilla w/Margarine Mandarin Oranges 1% Milk	<b>6</b> Turkey w/Gravy Stuffing Beets Wheat Bread w/Margarine Pear 1% Milk
<b>9</b> Salmon w/Lemon Butter Sauce Sweet Potatoes Cauliflower Wheat Roll w/Margarine Grapes 1% Milk	<b>10</b> Baked Ziti: Pasta/Cheese Green Beans Crescent Roll w/Margarine Apple Cobbler 1% Milk	<b>11</b> Egg Salad Sandwich Cucumber w/Tomato Tossed Salad w/Low Fat Dressing Melon 1% Milk	<b>12</b> Chicken Tenders w/Low Fat Ranch Dressing Buttered Rice Spinach Dinner Roll w/Margarine Banana Pudding 1% Milk	<b>13</b> Green Chile Burger Oven Fries Zucchini Chocolate Chip Cookie 1% Milk
<b>16</b> Turkey Corndog w/Mustard & Ketchup Au Gratin Potatoes Broccoli & Cauliflower Sliced Peaches 1% Milk	<b>17</b> Pork Stir-Fry Fried Rice Brussel Sprouts Crescent Roll w/Margarine Pineapple Chunks 1% Milk	<b>18</b> Frito Pie (Beef, Beans & Onions) Tater Tots w/Ketchup Asparagus w/Garlic Wheat Bread w/Margarine Mandarin Oranges 1% Milk	<b>19</b> Rice, Chicken & Cheese Casserole Peas w/Pearl Onions Corn Bread w/Margarine Jelly-O w/Fruit 1% Milk	<b>20</b> Spaghetti w/Meat Sauce Italia Vegetables Wheat Bread w/Margarine Warm Pear Slices 1% Milk
<b>23</b> Pork Chop w/Caramelized Onions Stuffing w/Apples & Raisins Broccoli Dinner Roll w/Margarine Fruit Cocktail 1% Milk	<b>24</b> Red Chile Cheese Omelet Hash Browns Stewed Tomatoes Wheat Bread w/Margarine Peaches w/Cinnamon 1% Milk	<b>25</b> Pollock with Tartar Sauce Rice Pilaf Succotash Crescent Roll w/Margarine Grapes 1% Milk	<b>26</b> Green Chile Chicken Lasagna Green Beans w/Mushrooms Tortilla w/Margarine Warm Chocolate Cake w/Powdered Sugar 1% Milk	<b>27</b> Monster Sandwich: BBQ Brisket on a Hoagie Roll BOO Beans (BBQ Beans) Glazed Ghoulish Carrots Magical Pumpkin Mousse w/Sprinkles Witches Brew (1% Milk)

We reserve the right to alter the menu to meet food availability.

Diabetic clients should not be given sugar and bread; only upon request.



## Youth Corner



Janie Macias

Youth/Community  
Program Coordinator



**October is  
National Breast Cancer  
Awareness Month**

**My mother, Florinda Macias,  
is a 10 Year  
Breast Cancer Survivor!**

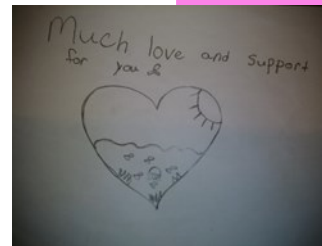


### ***Did You Know?***

**October 1, 2017:** Wear Pink Day  
and Walk for Pennies at  
North Domingo Baca Center  
at 3:00 pm.



**October 2, 2017:** National  
Custodial Workers Recognition  
Day! Thank you!



**October 13, 2017:**

Navy birthday.



The Navy was established on October 13, 1775 by  
the Continental Congress.

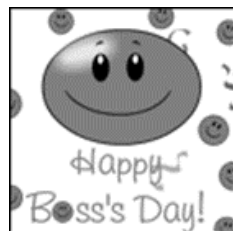
**From the Children of  
North Domingo Baca!**



**October 17, 2017:**

National Boss's Day!

Please Say Thank You!



### ***Youth Corner Announcements***

#### **Just a Friendly Reminder:**

EG Ross Elementary School will be on Fall Break  
October 12, 2017 and October 13, 2017.

There will be no After School Program  
on both days.



# Get UP Get *MOVIN'* Get FIT

NEW MEXICO SENIOR OLYMPICS, INC.

## Health Promotion Events

- Health and wellness through education, fitness and sports for adults 50+
- Learn how to add physical activity to your day to increase strength and balance
- Sport Clinics to enhance your game!
- FREE TO ATTEND
- Learn about opportunities to bringing an evidence based fall prevention program to your area

**F  
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Visit NMSO website at [www.nmseniorolympics.org](http://www.nmseniorolympics.org) for specific event program detail for each site.

- Register onsite - no pre-registration required
- Event hours: 9:00 a.m. to 3:00 p.m.
- General Session by Aging Matters, LLC
- Educational Workshops
- Falls Prevention and Walk for Fitness Workshops
- Senior Olympic Sport Clinics
- FREE Health Screenings

### DOOR PRIZES:

New pair of walking shoes,  
a FREE Summer Games Registration  
and a Senior Olympic gift basket

Bring a sack lunch

so you don't miss out on the day's events



  
Aging Matters, LLC  
Advocate • Educate • Innovate

## Coming to a city near you!

Visit website for  
**2018 dates and locations**



**2017**

**October 11 - Las Vegas**  
Abe Montoya Recreational Center

**November 14 - Clovis**  
Roy Walker Recreational Center



**2018**

**January - Las Cruces**  
**February - Albuquerque**

**April - Farmington**  
**May 30 - Roswell**  
**National Senior Health & Fitness Day**

Contact: Terry Delgado, Events Co-Coordinator, New Mexico Senior Olympics, Inc.  
PO Box 2690 • Roswell, NM 88202-2690 • Toll Free: 888-623-6676 • Fax: (575) 622-9244  
Email: [terry@nmseniorolympics.org](mailto:terry@nmseniorolympics.org) • [www.nmseniorolympics.org](http://www.nmseniorolympics.org)

**NDB Multigenerational Center**  
7521 Carmel N.E.  
Albuquerque, NM 87113  
(505) 764-6475



## Sports & Fitness



### 50+ Sports & Fitness Program Mission

*Our goal is to promote a healthy lifestyle and help maintain independence in the later years of life... [and] to offer a broad range of physical education and recreational activities designed to enhance the quality of life of older adults.*

### Location & Contact Information

7521 Carmel Ave. NE  
Albuquerque, NM 87113  
(2<sup>nd</sup> Floor)  
(505) 764-6496

### NDB 50+ Sports & Fitness Staff

*Dominic Saavedra, Health & Wellness Specialist*

*Mia Chavez, Recreation Assistant*

*Erika Aguilar, Recreation Assistant*

*Vacant, Office Assistant*

## On-going Monthly Events

- ♦ **Free equipment orientation for all members:**  
Available by appointment. See fitness staff.
- ♦ **Basic Free-Weight Class:** Learn how to workout safely with free weights. October 24, 11:30 am. **Sign up in advance at the Fitness Center Desk.** *Note: class is limited to 6 participants.*
- ♦ **Group Exercise Classes, Dates, Times, & Descriptions:** See additional pages for details about all of our NDB Fitness Center classes.
- ♦ **Free Body Composition Testing in Fitness Center:** 4th Wednesday of each month: October 25, 8:30 am—1:30 pm; and 2:00 pm —7:00 pm.
- ♦ **Blood Pressure machine Available Daily:**  
Located upstairs in the Fitness Center.
- ♦ **Free Blood Pressure Checks available with registered nurse:** Mondays, 9:00 am to 12:00 pm, downstairs, next to elevator.
- ♦ **Upcoming Fitness Activities, Sporting Events, Trips, etc.:** Can be found in the 50+ Sports & Fitness & Activities Catalog.

### HOURS OF OPERATION:

Monday - Friday 8:00 am - 9:00 pm  
Saturday 9:00 am - 3:00 pm

### CLOSED DAILY FOR CLEANING

#### Fitness Center:

Monday - Friday  
1:30 pm - 2:00 pm

#### Aerobic Room:



### Upcoming Holidays & Events



Oct. 7-13 International Balloon Fiesta

Oct. 4 National Taco Day

Oct. 10 National Angel Food Cake Day

Oct. 14 National Be Bald and Be Free Day

Oct. 2 National Pumpkin Cheesecake Day

Oct. 31 Halloween

## Pre and Post Workout Shakes

### Pre-Workout

Strawberries

Banana

Yogurt

Milk

Ice

30-60 Minutes before workout

Energy for maximum performance.

### Post-Workout

Cinnamon

Peanut Butter

Banana

Yogurt

Milk

Within 30-60  
Jumpstart recovery and  
restore electrolyte  
balance.

**Website:** <http://www.cabq.gov/seniors/50-sports-and-fitness-catalog>

**Website:** <http://www.cabq.gov/seniors/centers/activities-catalog>

**Hiking Information:** [www.ASCHG.ORG](http://www.ASCHG.ORG)